Classes forming now!

Taekwondo



Registration Fee: \$42/ Residents \$46/ Non-Residents

Session 7: November 9 — December 15

Session 1: January 4, 2010 — February 8

Session 2: March 1 — April 5

Session 3: April 19 — May 24

Session 4: June 14 — July 19

Class time: Mondays 6:00pm-6:40pm

In this beginning class you will discover an exciting, powerful, and defensive art that develops skills in self-protection, physical agility, and mental awareness. Students can increase muscle development and improve coordination, flexibility, and overall aerobic capacity.

Register at the Greenwood Community Center 881-4545